

FYRAMANNÄDANS (DANCE FOR FOUR)
(Sweden)

Fyramannadans (feer-a mahn-a dahns), four-person dance, is a folk dance for two couples from Sweden. It is general throughout Sweden. This is one of the oldest Swedish dances still found in living tradition, a survival of the once common Sleng-polska (Sw: slängpolska). Originating hundreds of years ago, the Sleng-polska could be danced in many ways: by couples as well as groups, and in both directions. Nowadays, however, this interesting step is virtually restricted to the Dance for Four (Fyramannadans), which is done by only two couples, moving CW only. Simple, yet phenomenally effective, this lively little number, when performed well, is without doubt the fastest dance in all of Scandinavia today. It bears graphic testimony to the vitality and "drive" of genuine Swedish folk dancing.

Source: As first learned in Sweden, 1948, by Gordon E. Tracie, and taught at Skandia Folkdance Club, Seattle, described in "Svenska Folkdanser and Sällskapsdanser", Stockholm, 1952.

Record: Aqua Viking V201B

Formation: Two cpls in a circle. Vigorous, yet light and "airy".
L Sleng-polska throughout, same for M and W.

Steps: The Sleng-polska Step: In common with most Swedish Polska steps, the Sleng-polska is repetitive rather than alternating; that is, each step pattern begins on the same ft. Furthermore, the W step is the same as the M. In this dance, only a L (CW) Sleng-polska is used. In today's dance terms it can best be described as a side Polka step to the L (ct "a-one and two") followed by a L-ward leap onto the R ft (ct "three"). Cue: "hop-step-close-step, leap across." On the 3rd beat the R ft is brought past the L which is simultaneously lifted behind the R ankle. Throughout, the action is swd, both the ft and body being at R angles to direction of movement (no "Rhumba twist," please). Dancers must be up on toes at all times, and "spend as little time on the floor as possible." Due to the great speed of this step, exceptional lightness of ft is essential.

Ring Hold: With fingers held tightly together, the hands are cupped and interlocked with the opp person's hands in the manner of opposing hooks. Usually the taller person will have palm down, the shorter one palm up. (Note to the W: very long fingernails may leave a bad impression on the opp person).

For Several Sets in Performance: Swedish folk dance groups often use this procedure: Form two parallel lines of cpls

FYRAMANNADANS (DANCE FOR FOUR) (CONT.)

Steps: facing each other about 4 steps apart, and number the
(cont.) sets in 2's. Music is played 3 times through. The first time only cpls 1 dance, the second time only cpls 2 dance, and the third time all cpls dance. The 8-handed star is not always formed as described below, but varies according to local tradition. The method given here is the simplest.

<u>Measures</u> (3/4)	<u>Pattern</u>
	<u>I. Ring and Star</u>
1 - 8	Two cpls in a ring (circle), alternate M and W, simple hand hold at shoulder level. Do 8 Sleng-polska steps to L ring turning CW.
1	Transition: With hand clap on 1st beat, each person turns to own L with 1 Sleng-polska step, to make a full individual L (CCW) turn around.
2 - 8	Facing ctr of set, form 8-handed star by grasping R wrist of person to own L, with own R hand, and R arm just above elbow of same person, with own L hand, and move star about CW with 7 more Sleng-polska steps.
	<u>II. Basket</u>
9	With hand clap on 1st beat, release star hold and take transition as before.
10 - 16	In rapid succession, W grasp each other's hands with ring hold. M grasp each other's hands in same manner, below the W hands, then W lift their hands over M heads and place them behind M backs, and M lift their hands over W heads and place them behind W backs--during which the set continues to move about CW with Sleng-polska steps. Basket thus formed is kept in CW motion.
9 - 16	And continued to end of Fig II (b) music.

Repeat dance from beg without transition, by dropping hands from basket hold, and re-forming ring as in Fig I.

Presented by: Gordon E. Tracie